



Asthma 500 Contest

Asthma Program
Indiana State Department of Health



Asthma is one of the most common chronic diseases found in young people and affects approximately 140,000 Hoosiers under age 18. So chances are you or someone you know has asthma. Show the Indiana State Department of Health Asthma Program what you know about asthma and be entered to win one of our great prizes!

Prizes include:

- Autographed photo of Chip Ganassi Racing Team drivers Dan Wheldon, Scott Dixon and Reed Sorenson (retail value: \$30)
- Chip Ganassi team hat autographed by Dan Wheldon and Scott Dixon (retail value: \$30)
- Autographed Scott Dixon Hero Card (retail value: \$15)
- Autographed Dan Wheldon Hero Card (retail value: \$15)
- Indianapolis 500 qualifying day tickets (retail value: \$5 - \$10 each)
- Wal-Mart gift cards (retail value: \$25 - \$50 each)
- Indianapolis Indians tickets (retail value: \$9 each)
- Free Kid's Meals at Chili's Grill & Bar (approximate retail value: \$3.99 each)

(Prizes donated 3/14/08 – 04/30/08 are not listed, but will be distributed according to contest rules).

Follow these three steps to be eligible to win:

1. Complete the activity for your age group (5-7, 8-11, 12-14).
2. Complete the information below so we can reach you if you win.
3. Mail this form and the completed activity to: Trisha Dane

Indiana State Dept. of Health Asthma Program
2 N. Meridian Street, 6B
Indianapolis, IN 46204

Activities can be accessed at: www.statehealth.IN.gov/programs/asthma. For paper copies, questions about the contest, or more information on asthma, please contact the Asthma Program at 317-233-1325. Activities focus on asthma triggers, or things that cause asthma symptoms. More information on asthma triggers can be found at our virtual town, *Breatheasyville*, at the Web site listed above.

Participant Information:

Participant Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

☐ Please check the box if you would like to receive more information on asthma.

Rules: Only one entry per person will be accepted. Participants must be 5-14 years old at the time of entry to be eligible. All entries must be received by **April 30, 2008**. Winners will be randomly selected and notified on May 1, 2008. The odds of winning this contest will be based on the number of contest entries received by April 30, 2008.

Asthma Trigger Word Jumble

Age Group: 12 - 14

Asthma triggers are things that cause asthma attacks or make asthma worse. Triggers can be everywhere – in homes, schools, and outside. Triggers are not the same for all people with asthma.

Unscramble the asthma triggers below, then unscramble the highlighted letters to see the message from the Asthma Program.

ETP **N** DEDAR _ _ _ _ _

AH **C** K O O C R C E S _ _ _ _ _

L **O** D M _ _ _ _ _

C E X E S I **R** E _ _ _ _ _

T D S U **T** I E S M _ _ _ _ _

N O **L** P E L _ _ _ _ _

C A B **O** C O T E K M O S _ _ _ _ _

All the above triggers can cause an asthma attack. An asthma attack makes airways inflamed or swollen, tightens muscles around the airways, and makes extra mucous in the airways. When all these things happen, it is hard to breathe.

Common symptoms of asthma include coughing, wheezing, shortness of breath, and chest tightness. Two main types of asthma medications help these symptoms and make breathing better. Quick-relievers are taken during an attack to stop symptoms right away and are also sometimes taken before coming into contact with a trigger. Long-term controllers are taken every day to reduce airway inflammation and to stop asthma attacks from starting.

Avoid your triggers and
take your medications to help
Take _ _ _ _ _ of Asthma!

